

How to have a great relationship full of contentment!

The following has been tried and tested in the happy home of the author and his wife for over twenty years of bliss:

It is written that a scorner can never acquire wisdom. Therefore, let them who want to live in loving harmony and real contentment put aside their skepticism and mutually resolve from this day forth to adhere to this list of simple protocols & precepts. Do not give up! It may derail a few times at the beginning, but this is normal; just get back on track as soon as possible. The trick is to keep doing these things and soon they will be second nature, leading to a truly blissful homelife!

1. When first you see your loved one each day, make a point of having a smile on your face and a cheerful demeanor so things get off to a positive start.
2. Instead of continually focusing on what you want for yourself, begin focusing on what makes the other person happy, and what will ensure them happiness in the future. If both are constantly doing this, what could go wrong? What could come between you? Begin right away!
3. Bridle thy tongue; don't ever let a hurtful word come from your lips. If one should sneak out,

make a point of apologizing about it as soon as possible, and redouble your efforts to control yourself. God loves a person who is able to control themselves absolutely. If a person is always faithful to positive, Christly ideals, values, and principles, they will never be haunted by the feeling that they handled something badly or did something wrong.

4. Never provoke contention. Make a point of holding your tongue from ever saying things that even *might* lead to an argument. Always refrain from saying snippy or snarky remarks. Gainsaying, backbiting, naysaying, contradicting, squabbling, and sniping must all be thrown out. After a while of controlling your words you'll find this tendency in yourself eventually begins to disappear. This particular point helps **a lot** towards cultivating and maintaining an atmosphere of harmony in the home. Stop always focusing on the things your spouse does wrong; focus instead on what they do *right* and look for opportunities to verbally praise them for an act well done or something observant, smart, or insightful that they said. Thank them frequently. Tell them you love

them frequently. Always praise their creativity or their efforts. Work to incline your thoughts to the positive instead of the negative and you will have eventually retrained yourself so that you can finally live a happy, peaceful life.

Remember that only THE MEDIA, in its continual malignancy, glorifies insult comics and snarky destructive remarks by making it look like fun, and as if witty sophisticated people always indulge in these things. This is wrong; only fools who will die alone and unloved do these things! People who know what peace and contentment really is do not *ever* employ abusive, hurtful, or even brusque language of any kind.

5. Whatever you do for your spouse, do it as soon as it occurs to you, and don't put it off. Do it joyfully, knowing that you're working constructively, building towards mutual contentment. When your spouse has done something for you, be the first to take note of it and thank them for doing it with a cheerful smile!
6. Make a point never to **dwell** on negative thoughts; shove away the tendency to brood or

'stew' over discontent or friction. Just don't countenance the dwelling upon negativity; stop yourself as soon as you realize you're doing it, and then consciously substitute these thoughts with something you might **like** thinking about (such as something you're looking forward to, articulating to yourself why you love something that is precious to you, or perhaps a new hobby you'd like to try someday, just for examples in case none are forthcoming). Brooding never reaches any productive conclusion; you're only training yourself to focus on the negative at the expense of the positive. Focusing on negativity also opens up vulnerability to alcoholism, because you totally forgot how to relax and be positive yourself, and begin to rely on a substance to force you to feel relief. Instead, from henceforth, force yourself to **AVOID** dwelling on negative, pessimistic, or defeatist attitudes (such as, "why should I bother with this?"), because it amounts to self-sabotage and is of **ZERO** benefit. Training yourself to create cheer and pleasant delight in other people's lives day-to-day is of **INCREDIBLE BENEFIT** to everyone involved!

7. If your spouse is sensitive about a particular topic, simply avoid talking about it at all costs. Once you have shown your spouse that you are trying your hardest to show them you can be trusted to love them through come what may, though it may take some time, they will eventually open up to you about everything on their own. Let them decide when that happens.
8. Put aside egotism and selfish thinking habits. All egotism is simply vanity; selfishness is empty self-glorifying which IS truly in vain. Throw it out and focus on supporting your partner instead of always tending your own selfish garden. Meet them halfway. There's simply no need to insist in your heart that everything has to be done your way. Always be ready to egolessly concede that your spouse's intuition on a proposed course of action might be better than yours. Let what is best for all be the factor that decides any issue, and completely put aside any inclination to run the show or be proven right about something. A policy of egolessness is the best thing for eliciting harmony and contentment in any relationship. If both can do this the fruits are

truly bliss on earth! Remember that Christ's teachings all had selflessness as their foundation. Wasn't he trying to teach us all the best way to live? Well, this is why: it unlocks constant harmony and contentment when all involved are doing their best to live by that ideal. *"O taste and see that the Lord is good: blessed is the man that trusteth in Him!"* -says Psalm 34:8 ...and this secret is why.

9. On the subject of forgiveness and of what has come before: if all involved resolve to turn over a new leaf and follow these precepts, there should never be any cause to dredge up the past to create more friction in the present. If you find you're not ready to forgive a certain slight, mentally put it away in a box under the bed for a while you get on with trying to change for the better; shove the issue out of your mind for the time being and simply focus on progressing where it IS possible to make improvements. If both are trying their best, then eventually, maybe in six months, maybe two years, the fruits will be a new, genuinely loving and harmonious home life! Chances are, when the day comes that you're "cleaning out

under the bed” of your mind and you open that old box, you’ll find yourself more than capable of forgiving. What was in the box will evaporate in your hands and you will never need think about it again. Have faith in this truism.

10. And finally, if you really want your relationship to change for the better, the most important thing to do is constantly remind yourself about the things that must be enacted that make a good relationship. To that end, you can make sure your behaviors will be revised by keeping this list of reminders in a place where you can read it over frequently day-to-day: tack it to the wall beside the toilet, hang it up in a spot in the kitchen where it can be seen while scrubbing pots, or tack it up beside your computer monitor or on the bulletin board by your work desk. Thinking *frequently* upon what behaviors make for good relationship habits is absolutely **key** in changing the marriage for the better!

Let both agree to begin now and in a few years you will look up from your mutually supportive way of life and realize that you have indeed become truly content and genuinely happy in life!